## Annual Entertainment of the Ladies' Auxiliary of the Zoological Society Next Thursday—Work for War Relief and Philanthropy-Weddings and Engagements

the New York Zoological Society, which will be held on Thursday afternoon in the Zoological Park. This garden party has been for years a fixture of the spring, and it comes when the Bronx Park is at its lovellest, with the es in their fresh foliage and many the flowering shrubs in full bloom.

Tea will be served in the adminis tion building, and Mrs. H. Fairfield sorn, whose husband, Prof. Osborn, specident of the board of managers, will preside. Madison Grant and Frank Sturgis are vice-presidents of the sty, Mr. Grant giving up much of

Among the auxiliary members are are. J. Pierpont Morgan, Mrs. W. B. Dagood Field, Mrs. J. Borden Harri-man, Mrs. Stephen H. Olin, Miss Anne Morgan, Miss Eleanor De Graff Cuy-Mrs. Walter E. Maynard, Miss Shepard, Mrs. Percy R. Pyne, Mrs. Sichard Trimble, Mrs. Richard Irvin, Mary Parsons, Miss Florence Rbett, Mrs. William H. Hyde, Mrs. J. Thomas Hastings, Mrs. Ralph Sanger, Mrs. J. Magee Elisworth, Mrs. George C. Clark, Mrs. W. Pierson Hamilton, M. Townsend, Mrs. Arthur Iselin and Mrs. Austen Gray. There will be music take advantage of the day for an auto-

It is to be regretted that the annual garden party which has been held for are in behalf of the Army Relief even up this year owing to the war.

many opportunities to contribute to war relief funds and philanthropic institutions through concerts and other entertainments. An interesting concert will be given on Thursday af-ternoon at the home of Mr. and Mrs. John Henry Hammond, 9 East Ninetyrst street, by Mr. and Mrs. Francis Rogers, who have returned recently from entertainment work with the Y. M. C. A. in the united camps in France. It is called a camp concert. and with it there will be an informal talk on conditions in the American Expeditionary Forces. The proceeds will be devoted to the Art Workers Club for Women, of which organiza-tion Mrs, Rogers is the secretary.

Among the other officers and di-

tors are Miss Constance Curtis, Miss Georgiana Howland, Miss Lydia Field Emmet, Miss Martha W. Baxter, Miss Grace Schuyler de Luze, Miss Susan Dwight Bliss. Mrs. Charles M. Connfelt, Miss Elizabeth Curtis, Miss Elizabeth Hicks, Miss Sylvia Jewell. and Miss Sugan Warren. The advisory comprises Herbert Adams, Daniel Chester French, Edwin How-land Blashfield, F. Luis Mora, George De Forest Brush, John S. Sargent, Frank V. Dumond, Allen Tucker and J.

Tickets at \$2.50 each may be obtained at the club, 224 West Fiftysighth street.

A concert of unusual interest was

given recently at the home of Mrs. William Jay Schieffelin by an organisation of young Southern colored men known as the Sedalia Quartette from the Paimer Memorial Institute melodies and spirituals.

The school in Sedalia where these young women have been educated is an industrial and educational instituopriate setting for farmerettes, singers wearing gingham sowns

well aguipped industrial building of the ool, and the concert was given with hope of restoring this loss. About 1,000 was netted.

Among those who are interested in the welfare of the institution are Mr. Mrs. Robert Brewster, Mr. and Mrs. W. B. Osgood Field, Mrs. Ernesto G. Fabbri, Miss Mary Pearsall Field, Mr. and Mrs. Marshall J Dodge, Mrs. Charles S. Guthrie, Mr. and Mrs. Law-Mrs. James Roosevelt, George Foster J. Fred Tams. ody, Mr. and Mrs. John Henry d. Mrs. J. Russell Soley, Mr and Mrs. Stuart Duncan, the Rev. Dr. Percy Stewart, Mrs. Frederick H. rn, Miss Eleanor De G. Cuyler. Mr. and Mrs. Oliver G. Jennings, Mrs. ert Waller, Mr. and Mrs. John Ward, Mr. and Mrs. George Du Pont Pratt and Mrs. Newbold

of the popular artists of the Kay Laurel and Marion Davies the lly Sisters, Ann Pennington, Leo Lawrence Haynes, Claire Tosca, Beth Lydey, Harry Fox and Genevieve in and Clifton Crawford.

Yay Gould, William Disston, Charles De Loosey Celrichs, A. D. B. Pratt Charles De Rham, Jr., George B. St. and New York, which took place a George, Robert E. Tod. John Wanaaker, Jr., Walter Brooks, Jr., Spenser F. Eddy, Leonard M. Thomas, Reginald C. Vanderbilt, Anthony J. nee Munn, Cornelius H. Tangeman, J. West Roosevelt, Adolf Ladenburg. G. Kaufman, Frederick Lewiam Rogers, Marshall Russell and

Louisbery Perry.

Miss Julie Lentilhon and Miss Mar-cello with organ according to the mass Hans Kro

routine of society there will come this week the spring garparty of the Ladies' Auxiliary of New York Zoological Society, which be held on Thursday afternoon in Zoological Park. This garden by has been for years a fixture of spring, and it comes when the in their fresh foliage and many he flowering shrubs in full bloom. See will be served in the administration building, and Mrs. H. Fairfield comedics. The proceeds will be decomedy a spring and Mrs. H. Fairfield comedics. The proceeds will be decomed to units in France and Belgium.

Marbury, Mrs. Alexander S. Webb, 293 Fifth avenue, and of Mrs. Robert rs. Levi P. Morton, Mrs. Finley J. L. Strebeigh, 43 East Sixty-first street.



MRS, CLARKE WASHBURNE, MOTO BY CAMPRELL STUDIOS

tion and its aim is to educate the Musicians in France to hold concerts before to teach their own people. The during the summer at the most important watering places. The proposition of vines, leaves and being oncert platform was arranged with a portant watering places. The proposition of vines, leaves and being into a marionette theatre. It has been weeks a series of marionette vaude and Green Spring Valley, Md., was point lace and hatin trimmed with and Green Spring Valley, Md., was point lace and hatin trimmed with and Green Spring Valley, Md., was point lace and hatin trimmed with and Green Spring Valley, Md., was point lace and hatin trimmed with and Green Spring Valley, Md., was point lace and hatin trimmed with and Green Spring Valley, Md., was point lace and hatin trimmed with and Green Spring Valley, Md., was point lace and hatin trimmed with and Green Spring Valley, Md., was point lace and hatin trimmed with and Green Spring Valley, Md., was point lace and hatin trimmed with and Green Spring Valley, Md., was point lace and hatin trimmed with and Green Spring Valley, Md., was point lace and hatin trimmed with and Green Spring Valley, Md., was point lace and hatin trimmed with and Green Spring Valley, Md., was point lace and hatin trimmed with and Green Spring Valley, Md., was point lace and hatin trimmed with and Green Spring Valley, Md., was point lace and hatin trimmed with and Green Spring Valley, Md., was point lace and hatin trimmed with and Green Spring Valley, Md., was point lace and hatin trimmed with and Green Spring Valley, Md., was point lace and hatin trimmed with and Green Spring Valley, Md., was point lace and hatin trimmed with and Green Spring Valley, Md., was point lace and hatin trimmed with and Green Spring Valley, Md., was point lace and hatin trimmed with and Green Spring Valley, Md., was point lace and hatin trimmed with and Green Spring Valley, Md., was point lace and hatin trimmed with and Green Spring Valley, Md., was point lace and hatin trimmed with and Green Spring Valley, M sicians. Among those who have prom- decorated with a view to the miniature ised to help are Ethel Leginska. Lor- performers. The place opens directly raine Wyman, Mr. and Mrs. Francis into the side street and avenue, and Rogers George Harris, Mischa Le- thus it will be easy of access to chilvitski, Marcia Van Dresser and Tom dren. Paul Chalfin has made the deco-

West Roosevelt, Mr. and Mrs. Harry Harkness Flagler, Mr. and Mrs. Wal- at night \$1. ter Damrosch, Mr. and Mrs. James M.

Beck, Mr. and Mrs. Herbert L. Satterlee, Mr. and Mrs. Oswald G. Villard,
Juggler," "The Harem Dancer," "The Mrs. Edwin T. Rice, Mr. and Mrs. Performing Elephant and Donkey,"
Reginald de Koven, Miss Georgiana "Puppet Dreamland," "The Musical Mrs. Edwin T. Rice, Mr. and Mrs. se Greer, Mrs. John S. Rogers, James, Mrs. Ethelbert Nevin and Mrs. Greta." The history of marionettes

Among the members of the society will be given three performances—at are Mrs. George M. Tuttle, Mrs. J. 3, 4:30 and 8:30—each day. Tickets for the afternoon will be 50 cents and

rations for the theatre, in which there

Clown" and the appearance of "Little dates back to the early beginnings of Italian dramatic art and such perform-

One of the interesting events of the ances have an interest for old and the marriage of her daughter. Mrs. coming week will be the exhibition of young.

Weddings and Engagements

A MONG the engagements announced last week was that of Miss Mary Cady Sturges, daughter of Mr. and Mrs. Henry Cady longs to an intimate friend, had been and Mrs. Leavitt Hunt. He is a mem-For the benefit of the Smoke and Canteen Fund of the Dewey Recreation Committee of the Woman's Naval Sturges of 116 East Thirty-sixth street, a safe chantant will be given next Sunday evening at the Studies, 40 Col. James Henly Frier, U. S. A. was Naval Sturges of this a son of Col. James Henly Frier, U. S. A. was Naval Sturges of this a son of Col. James Henly Frier, U. S. A. was Naval Sturges of this a son of Col. James Henly Frier, U. S. A. was Naval Sturges of this a son of Col. James Henly Frier, U. S. A. was Naval Sturges of this a son of Col. James Henly Frier, U. S. A. was Naval Sturges of this a son of Col. James Henly Frier, U. S. A. was Naval Sturges of this city. Capt. Frier, Who is a son of Col. James Henly Frier, U. S. A. was Naval Sturges of this city of Mrs. Hunt will pass the summer ter of Mr. and Mrs. George Du Vivier, daughter of Mrs. Leavitt Hunt. He is a member of the Racquet, Piping Rock, Mettheway and Other New York clabs. He has a country place, of the bride's only attendant was her niece, Miss Suzanne Du Vivier, daughter of Mrs. Hunt will pass the summer ter of Mr. and Mrs. George Du Vivier, daughter of Mrs. Leavitt Hunt. He is a member of the Racquet, Piping Rock, Mettheway North Capt. The bride's only attendant was her niece, Miss Suzanne Du Vivier, daughter of Mrs. Hunt will pass the summer ter of Mrs. and Mrs. George Du Vivier, daughter of Mrs. All been of the Racquet, Piping Rock, Metheway North New York clabs. He has a country place, and Mrs. Hunt will pass the summer ter of Mrs. All been of the Racquet, Piping Rock, Metheway North New York Clabs. He has a country place, and Mrs. Henry Capt. The New York Clabs. He has a country place of the usual bridge to the Usual Bridge of the Racquet, Piping Rock, Metheway North New York Clabs. He has a country place of the usual bridge of the Racquet, Piping Rock, Metheway North New York Clabs. He has a country place of the Bacquet of the Racquet, Piping Rock, Metheway North New North New York Clabs. He has a country place of the Racquet, Pip et Fifty-seventh street, at which graduated from the United States Mill- who were a frock of white organdy at Cos Cob, Conn. tary Academy at West Point in 1917. and a Leghorn hat trimmed with pink He is at present stationed at Camp

One of the weddings last week was Among the many patronesses are daughter of Mrs. Charles A. Du Vivier, 37 Park avenue. mes. Stuyvesant Fish, Jr., George of 155 East Seventy-second street, to John A. O'Connor, son of the late pass the summer in Gloucester, Mass. Loosey Celrichs, A. D. B. Pratt, Thomas H. O'Connor of San Francisco noon on Wednesday in the Lady Chapel of St. Patrick's Cathedral.

parents.

Beginald C. Vanderbilt, Anthony J. formed by the Rev. William D. Martin Drexel Biddle, Jr., Angler B. Duke, of the Cathedral parish, assisted by avenue and Cornwall, N. Y., to George Satin made with a long court train Mrs. Charles L. Guy, to Capt. Harold tanhope Nixon, Sherman Flint, Gur- the Rev. Theophile Wucher, rector of Stafford Bucknail, 307th Field Artilin, Cornelius H. Tangeman, J. the Church of St. Vincent de Paul. lery, U. S. A. Mr. Bucknall is the the Church of St. Vincent de Paul. lery, U. S. A. Mr. Bucknail is the Church of St. Vincent de Paul. lery, U. S. A. Mr. Bucknail is the Father Wucher celebrated the low eldest son of Mr. and Mrs. Henry W. and a brooch of diamonds and sapthee Union Theological Bucknail of Gien Cove, I. I. He phires. Miss Pauline Bacon was the the afternoon of May 4. The marriage mass which followed the marriage phires. Miss Pauline Bacon was the treatment of the afternoon of May 4. The marriage maid of honor, and the bridesmaids ceremony was performed by the Rev. sehn, Oliver Perin, J. Philip Benkard, ceremony. While the guests were beon Tiffany are in charge of the tickets. The bride entered the chapel with passes are \$5 each, and they will have her eldest brother. Ernest H. Du

crepe flowers. She carried a bouquet Merritt. The wedding will take place of pink reses and forget-me-nots.
on June 8 at the home of the bride's Franklin W. Brush acted as best man. After the ceremony there was a small reception and buffet breakfast at the home of Mr. and Mrs. Maurice La

Montagne, uncle and aunt of the bride, Mr. O'Connor and his bride went

The engagement was announced recently of Miss Margaret Van Vorst mony.

Massachusetts avenue. The Rev. Dr. U. S. R.; Bayard Schieffelin, brother C. Ernest Smith, rector of St. Thomas's of the bridegroom; William Walter Church Washington, performed the Phelps and Emerson Tuttle, marriage ceremony in the presence of After a brief wedding to a small gathering of relatives and close friends.

Major Hooker was graduated from duty as a military instructor. He was Yale in 1902, and while at college rowed on the varsity crew. He entered member of the Union, Racquet and Tuxedo clubs, and also of the Metro-politan Club of Washington. Mrs. Hooker was before her first marriage Miss Madeleine Forrest.

Mrs. Franklin Kerfoot Sowers of Stamford, Conn., announced last week Virginia Redfield, widow of Bayard Redfield of Cos Cob. Conn., to Leavitt J. Hunt of this city, which took place on May 4 in St. Paul's Episcopal Church. Riverside, Conn. The Rev. J. D. Skene of St. Andrew's Church,

In the Centennial Chapel of St. George's Church, Stuyvesant Square, week ago yesterday Miss Annette Markoe, daughter of Dr. and Mrs. James W. Markoe, was married to Lieut. William Jay Schieffelin, Jr., Field Artillery, U. S. A., son of Mr. and Mrs. William Jay Schleffelin. The chancel of the chapel was decorated with spring flowers and palms, and there was a full choral service. The Rev. Karl Relland, rector of the church, performed the marriage cere-

ing seated and during the celebration of the mass Hans Krogold played the cello with organ accompaniment.

The bride entered the chapel with has been mentioned for the wedding.

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Mr. and Mrs. Morris Frank of 718 west 178th street announce the engagement of their daughter of the bridegroom; Pauline Morris Frank of 718 west 178th street announce the engagement of their daughter of the bridegroom; Pauline Morris Frank of 718 west 178th street announce the engagement of their daughter of the bridegroom; Pauline Morris Frank of 718 west 178th street announce the engagement of their daughter.

Mrs. Beward F. Berke, daughter of the bridegroom; Pauline Morris Frank of 718 west 178th street announce the engagement of their daughter. They were costumes of hydranges.

After a brief wedding trip Lieut. Schieffelin and his bride will go to Columbia, S. C., where he will

Their daughter, Miss Cornelia Thayer Conn Baldwin, is engaged to Arthur Bliss Lane, and Miss Margaret Baldwin is ngaged to Emerson McMillin 3d. Lieut. Waiter Le Roy Saunders, U. S. lowing suggestions for wheatless Mr. Lane has been attached to the R. has been formally announced by her breads should prove helpful. engaged to Emerson McMillin 3d.

years as one of its secretaries. His marriage will take place in Florence one June 19. Mr. McMillin, who has the American Ambassador in Romé, Thomas Nelson Page. He is a grandson of Mr. and Mrs. Emerson McMilin of this city and Darlington, N. J. Mr. Lane is a son of Mr. and Mrs

St. James, L. I.
J. Frederick Talcott of 16 East Sixty-sixth street announced during the week the engagement of his daughter, Miss Julia Lake Talcott, to Lieut. Thomas M. McMillan, Jr., U. S. N. R., son of Mr. and Mrs. Thomas M. McMillan of Mobile, Ala. Miss Tal- burg, S. C. cott's mother, who was Miss Frank V. Crawford, died several years ago. She is a granddaughter of Mrs. James Tal-The wedding will take place shortly. as Lieut, McMillan is preparing in this city for service abroad

de Yos Dyke, 310th Infantry, U. S. R.,

York Navy Yard.

Mr. and Mrs. Thomas L. P. Dally of lace and a coronet of orange blossoms William F. East Orange, N. J., have announced the fastened her tulle veil. Her bouquet was Henry Amy. engagement of their daughter, Mise Ada Louise Daily, to Ralph Greenlead Wiggin of this city and East Orange. He is attached to the Machine Gun Training Corps here and was graduated from Harvard in the class of 1903.

The engagement of Miss Mildred U. Brown, daughter of Mrs. L. F. Brown of the army when the United States and has recently returned from active the army when the United States and has recently returned from active the army when the United States and has recently returned from active is with the Metropolitan Hospital unit administration, "but please tell me

Announcement came from Italy late in the week of a double engagement in the family of the late Dr. and Mrs. George H. Gutterin the family of the late Dr. and Mrs. William Wilberforce Baldwin, who lived in Florence for many years. Their daughter, Miss Cornelia Thayer

The Rev. and Mrs. George H. Gutterin nately none of my family like corn breads?"

Other women may have this same problem. The solution is really not can possibly do it when unfortunately none of my family like corn breads?"

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The engagement of Miss Alma Nix to American Embassy in Rome for two parents, Mr. and Mrs. John W. Nix of Rockville Centre, L. Lieut, Saunders is the son of Mr. and Mrs. R. B. Saunders is the son of Mashington, D. C., where he is at present stationed. He was graduated passed much of his time in Europe, is from Cornell in the class of 1917 and By doing any one of these three things an accomplished linguist, and he has was in the signal service at the United the starch needed in the diet is amply been acting as private secretary to States School for Military Aeronautics supplied without any bread. at Ithaca, N. Y. Miss Nix is a graduate of Hollins College, Va.

Mr. and Mrs. Robert W. Johnson of 24 East Thirty-second street have announced the engagement of their niece, James W. Lane of New York and Miss Irene Lorette Bowman, to Charles B. Harl of Waterbury, Conn.

Mr. and Mrs. Charles Dewey Olen-dorf of 110 Riverside Drive have announced the engagement of their daughter, Miss Edna Olendorf, to Bergeant Maurice L. Shern, O. R. C., at present stationed at Camp Wadsworth, Spartan-Formal announcement has been made

of the engagement of Miss Constance Barclay, daughter of Mr. and Mrs. Thomas Barclay of 440 Ridge street, Newark, to Kenneth Van Cort Wallace. He is the son of the late Dr. David L. Wallace of Newark. The engagement of Herman L. Simon of this city to Miss Elsie Meyer, daugh-ter of Mr. and Mrs. Jerome Meyer of Wilkesbarre, Pa., is announced.

Edna Feldman's engagement to Samuel Kurgman. Sae is the daughter of Mr. and Mrs. Max Feldman of 385 Fort Washington avenue. Her flance resides

Miss Helen Beck, Miss Lucille G. Frank and Miss Beatrice Hauser made addresses on the subject of the "Spirit of 1776." "The Spirit of 1860" was the subject of Miss Helen Klingenstein, Miss Ruth Steckler and Miss Juliette Stroheim, while Miss Ruth Weiner, Miss Rose E. Zellenka and Miss Mildred Zuker took for their subject the "Spirit of To-day."

Two short plays by Clyde Fitch were presented, coached by Mrs. Tellise West Qualfe. They were "Nathan Hale" and "Barbara Fretchie." In the cast were Miss Marjorie B. Alter, Miss Beatrice

Miss Marjorle B. Alter, Miss Featrice Hauser, Miss Juliette Strohelm, Miss Ruth Weiner, Miss Helen Beck, Miss Helen Klingenstein, Miss Muriel G. Kornfeld, Miss Donah B. Litauer, Miss Etta Leblang, Miss Katherine Mayer, Miss Alice Stern, Miss Ruth Steckler, Miss Mildred H. Zuker and Miss Lucille

Diplomas were awarded to Miss Marjorie D. Alter, Miss Helen Beck, Miss Lucille G. Frank, Miss Beatrice Hauser. Miss Heien Klingenstein, Miss Muriel O. Kornfeld, Miss Donah B. Litauer, Miss Ruth Steckler, Miss Ruth Weiner Miss Rose E. Zellenka and Miss Mildred H. Zuker. The flag presentation was made by Miss Alter, president of the class, and was accepted by Miss Hazel Hirshfeld. A farewell recitation was given by Miss Donah B. Litauer.

The annual entertainment for the Catholic Summer School will be held on Friday evening at the Walderf-Asteria. Following a short concert there will be cuchre and bridge whist, and later in the evening dancing.

The committee and officers in charge

The committee and officers in charge include George J. Gillespie, chairman. Frank P. Cunnion, treasurer; Francis J. Hogan, secretary; Henry J. Heidents, manager; the Right Rev. Mgr. Michael J. Lavelle, chairman of the loo committee; the Right Rev. F. H. Wall, chairman of the look committee; the Right Rev. F. H. Wall, chairman of the look of the first later. man of the finance committee: Edward J. Scott, chairman of the reception com-mittee; Mrs. Joseph H. Fargis, chairman of the prize committee; D. J. O'Coner, chairman of the hall committee; E. J. Fitzgerald, chairman of the music committee; E. J. Talley, chairman of the floor committee; Miss Mary F Jones, chairman of the cards committee, and Mrs. Warren E. Mosher, chairman of

Mrs. Warren E. Mosner, chairman of the press committee.

Some of those who have taken boxes are Mr. and Mrs. Ernest lectin. Frank S. Cannon, Sr.; P. J. Monohan, the Rev. D. J. Hickey, Thomas Lenaus, M. J. Sullivan, Henry Heide, the Rev. J. F. Chidwig, E. Marcel Royne Charles P. Chidwick, Edward Rowan, Charles B Fornes, William R. King, the Rev. John J. Donlan, John P. Galvin, Myles Tier ney, Mrs. Andrew Davey, Morgan J O'Brien, Mr. and Mrs. Thomas F. Ryan, Charles F. Murphy, William D. Guthele, B. F. Coleman, Thomas F. Smith, the Rev. Luke Evers, John P. Okourke, George J. Gillespie, the Kight Rev. M. J. Lavelle, John D. Ryan, Joseph P. Grace, Mrs. Nicholas F. Brady, Thomas F. Con-Mrs. Nicholas F. Brany, Taonas F. Con-way, James Butler, Joseph de Navarra, Edward E. McCall, Allan Ryan, James Farrell, Dr. J. N. Eagan, Charles M. Schwab, John Whalen, John C. Aga', Countess de Laugier Villars, James Byrne, Andrew Dougherty, George W. Connell, Daniel F. Cohalan, Mr. and Mrs. Eugene Philbin, Bryan L. Kennelly, William F. Clare, George W. Loft and

## If You Don't Like Corn

.. T KNOW it is the duty of every American woman now to get how I can possibly do it when unfortu-

who was given away by her father, was

difficult. There are many other excellent wheat substitutes, and the fol-At least once a day have no bread

whatever on the table, but serve a double portion of potatoes, or rice, or both potatoes and rice, at one meal,

BUNDAY. Breakfast-Buckwheat waffles with corn syrup.

Dinner-Potato souffie in place of any bread. Supper-Corn muffine

MONDAT. Breakfast-Toueted corn muffins. Lunch-Granulated oatmeal muffins. Dinner-Potato puffs. TUESDAY.

Breakfast—Toasted catment muffins. Lunch—Barley and rice flour gems. Dinner—Baked potatoes and rice au

Breakfast—Double portions of cereal and potatoes, instead of a breakfast ead.
Lunch—Hominy with cheese.
Dinner—Two kinds of potatoes—

Irish and sweet. THURSDAY.

Breakfast—Dropped egg on potato cakes instead of toast.
Lunch—Quick nut bread.
Dinner—Mashed potatoes in place of

Lunch-Wheatless quick bread. Dinner-Boiled rice in place BATURDAY.

Lunch-Sunshine potatoes.

QUICK NUT BREAD.

1 cup out flour.

1 cup sifted rice flour.

1/2 cup barley flour.

1 teaspoonful cream of tartas.

teaspoonful soda. 19 teaspoonfuls salt. -3 cup molasses.

114 cups sour milk. egg. tablespoonfuls melted shortening. ti cup raisins.

19 cup nut meats. Note—If out flour is not obtainable rolled oats may be forced twice through the food chapper or grain mill and sifted if wanted very fine.

Mix and sift out flour, rice flour,

bariey flour, soda, cream of tartar and it. Add molasses, sour milk, erg and nuts out in pieces and beat thoroughly. Bake in a greased bread pan-WHEATLESS QUICK BREAD.

1 cup out flour.
1 cup barley flour.
12 cup sifted rice flour.

1 teaspoonful cream of tartar. 1 teaspoonful soda. 1 is teaspoonfuls sait.

1-3 cup molasees. 114 cups sour milk. 2 tablespoonfuls melted shortening.

14 cup raisins.

Mix and sift out flour, harley flour, rice flour, cream of tartar, soda and sait. Add molasses, sour milk, short-ening and raisine. Mix thoroughly and bake in greased bread pan.

## TAN A CHEMICAL PRODUCT.

TAN is the result of the action of chemical rays or of the nitra-violet rays of the solar light on the pigment of the skin. It proves nothing but that the skin has been exposed to photographic rays of one kind or another. The skin is also tanned by exposure to the rays of a mercury lamp, but such tan has nothing to do with health.

Tan is important and of meaning according to the circumstances under which it is acquired. Acquired at sea or by the sea as a result of life and exercise in the open air, it is a sign of health, because it accompanies general effects which are lacking in the condi-

tions of electric tan. Breakfast-Tousted wheatless quick Electric tan is accompanied by no multiplication of red corpuscies in the blood, such as exercise produces, in-suring a senewal of physical strength.